

## Astronomy: UFO Sighting?

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# Valley Star

VOLUME 47, ISSUE No 19

LOS ANGELES VALLEY COLLEGE

VAN NUYS, CALIFORNIA

OCTOBER 20, 1994

### Student Survival Guide

#### Counseling Center:

In order to receive important registration materials for Spring '95, students must have a correct address on file at the Admissions Office. Students who have moved since Jan 1, must come to the Admissions Office and fill out a change of address form.

CSUN representative will be on campus Oct. 24 from 10 a.m. to 1 p.m. by appointment in the Transfer Center.

Lee College, University of Judaism representative will be in the Transfer Center from 11:30 a.m. to 1 p.m. on Oct. 25 by appointment.

There will be a workshop entitled "Using Your Major To Find A Career" in Campus Center 212 from 1 p.m. to 2:30 p.m. on Oct. 26.

Algebra competency testing will be done in Behavioral Science room 101 on Nov. 3 at 8 p.m. and Nov. 7 at 3 p.m. The test takes one hour and no appointment is necessary.

On Oct. 25, the Tuesday Workshop series entitled "Survival Skills For The Re-Entry Student" will be held from noon to 1 p.m. in Foreign Language 102.

#### Learning Center:

Study skills workshop entitled "Test Taking Strategies and Preparing for Finals" will be held in the Cafeteria Conference Room from noon to 1 p.m. on Oct. 25.

#### Citizenship Services:

Valley now offers citizenship services to qualified immigrants. For more information contact the Amnesty Office at (818) 781-1200, ext. 320.

#### Health Center:

The American Heart Walk will take place Oct. 29 at 8:30 a.m. in Woodley Park, located in Encino at the Sepulveda Dam Basin. Pick up a brochure at the Student Health Clinic in the Women's Gym.

Earth Science Dept is offering a lecture on Oct. 25 entitled "A Quick Trip Through 10 Western States" by George Stuart in Math-Science 113 at noon.

Speech and Debate Biola Invitational, at Biola University, La Mirada, Oct. 21 and 22.

MEChA is conducting a 10 part series entitled the "Americas". The club presents the first in the series on Oct. 24 entitled "Continent on the Move: Migration and Urbanization."

Today, Lee Zimmer, guitarist, in the Music Recital Hall at 11:00 a.m.

Oct. 24, Valley Wind Ensemble in the Little Theatre at 8:00 p.m.

## Student enrollment down at Valley

*Fee hikes are forcing students out of school and into the job market.*

By J.D. WOLVERTON  
Valley Star Staff Writer

Plunging enrollments, and severe cutbacks in state funding are destroying academic programs. Throughout California, community colleges and the educational opportunity they represent to so many, are slowly becoming extinct.

According to acting President Tyree Wieder, "In August of 1990, Valley lost one million dollars. The budget decline has caused us to offer fewer classes, so we have fewer students. Our monetary allocation is based on the number of students we have, so it's a spiraling effect that's been going on for four years."

"We don't have hard backup material, or statistical research that tells us exactly what the problem is," said Sam Mayo, dean of stu-

dent services. "The earthquake caused a lot of damage to apartments in the surrounding area, and these residents have had to move. Also, people have had to work longer hours, and delay their education."

Mayo said that the major reason in the college's enrollment decline is due to the fee hike that went into effect in the Spring of 1993, to \$13 per unit, and \$50 per unit for those holding bachelor's degrees.

"Those people who used to come back and participate in continuous learning have been discouraged. Retired persons make a lot less money than working people," Mayo said. "We've lost that wonderful contact between senior citizens and younger people. Having the seniors here played a major role in bridging that generation gap."

Faculty Senate President Jack

Sterk, a professor in the Communications Department, says that declining enrollments at the community colleges are "a statewide phenomenon." He said, "I suppose you can lay the blame partly on the increase in fees, particularly to those with bachelor's degrees. They're (students) just not going to pay \$150 for a three-unit class."

"You had two choices at the state level, to increase the funding for the community colleges, or decrease the number of people who will use the system," Sterk said.

Politicians in Sacramento decided on the latter course, according to Sterk. To accomplish this goal, he says, fees had to be hiked substantially.

"The purpose of a civilization is to imbue people with the mainstream of that civilization," Mayo said. "Imbuing them with an edu-

cation is the major vehicle for doing that. When you raise the cost of education, there is declining access."

Mayo said that the effects of proposition 13 are still being felt at Valley because people in the area don't want to sell their homes. "People say they wouldn't think of selling their homes if their property taxes were to go up," according to Mayo. "As a result, younger families aren't moving in," he said.

Local residents would typically send their children to Grant, Van Nuys and North Hollywood high schools, for decades the major feeder schools for Valley, but it's the parents who remain in the area, an aging population whose children have moved on.

Mayo said that many of the students who attend these high schools are being bused in from outlying

areas now, and are not as likely to come to Valley when they graduate.

"We need to have some major demographic research in this area," Mayo said. "There are no hard studies, only projections. You can't fix something if you don't know what the problem is."

Sterk said, "There are estimates that in the next decade the community college's are going to have to service half a million people statewide." However the figures are based on calculations of a teenage population of potential students.

However, Sterk said he doesn't sense the same desire for a college education that was prevalent among the young in the 60's and 70's. Mayo said he often hears high school graduates say "Maybe I better get a job, and think about going to school later."

## Native American Day celebration

By AARON DORN and  
SHAWN WYLIE  
Valley Star Staff Writers

Yells rose up from the crowd of some 250 spectators as the Aztec dance group Mauhi Ollin started off the events at Native American Day organized by ASU's Commissioner of Native Americans, Wendy Lozano.

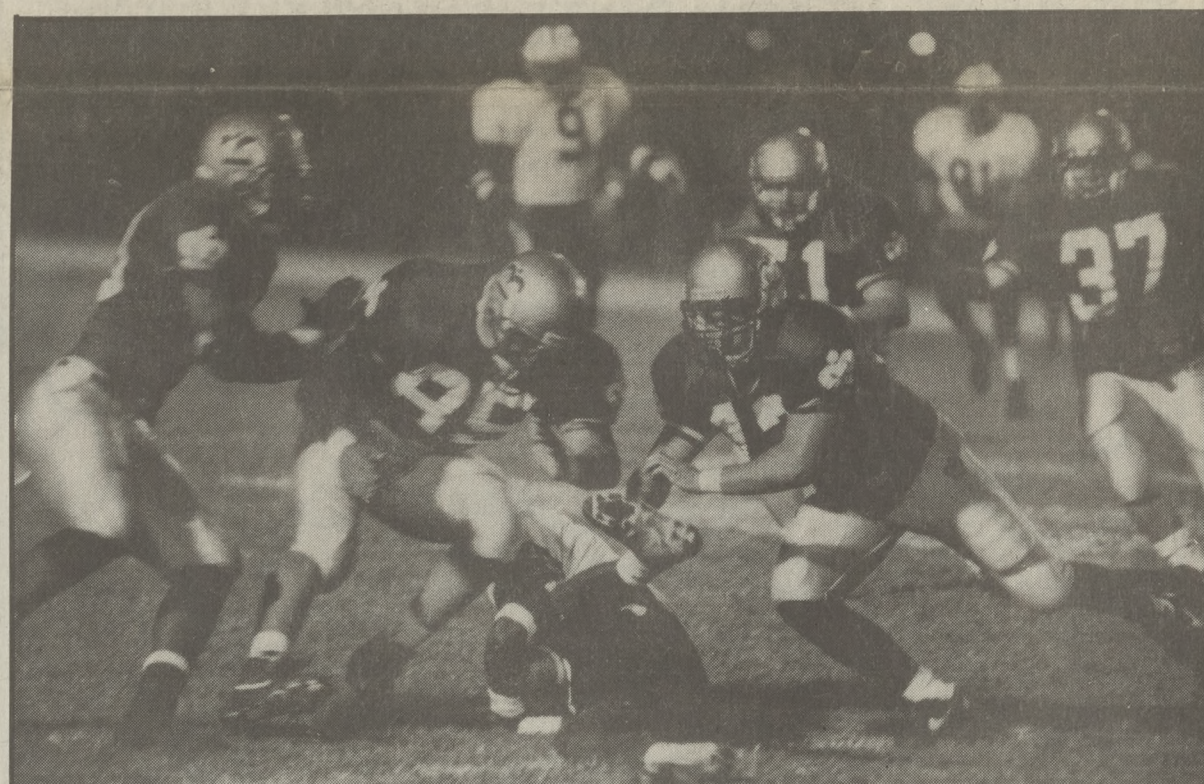
"I organized it to give Native Americans a chance to express their feelings on Columbus, their cul-

ture and their contributions to America," said Lozano.

Held in Monarch Square, Oct. 12 the festivities included traditional Aztec dancing, Native American dancing, guest speakers and booths set up by campus clubs. "Everything went great, and I was happy to see so many people come out and get involved."

The dance group Mauhi Ollin started off the days' events with an assortment of five traditional Az-

See CELEBRATION, Page 3



Alex Szuch/Valley Star

A Raider is surrounded by Monarch team during the Homecoming Game Saturday night.

## Student donors take the plunge at blood drive

*"This was the first time I'd given blood." Jimmy Miranda*

By SHAWN WYLIE  
Valley Star Staff Writer

Student Jimmy Miranda explained what happened as he lay on the exam bed with a needle in his left arm. "Okay, first I had to answer some questions. Then I talked to a nurse. She pinched my ear to get some blood out to see if it had enough iron or something. They called my name. The needle stung just a little when the nurse put it in. Then I could feel my entire arm flowing with blood; it was a warm sensation. The nurse told me to make a fist every five seconds so the blood would flow faster. This was the first time I'd given blood. I figured if it would help somebody, good."

About 50 students donated blood in this semester's American Red Cross Blood Drive. In her 18 years as a Red Cross staff member, registered nurse Barbara Jones said she "can't remember when it

(blood supply) was so low. Forty-three states nationwide need emergency blood because of all the disasters in the last two years."

"People are just not giving," claims Ian Cooper, mobile operations staff for the Red Cross. Jones said "It really is a community responsibility to each other." "It's the right thing to do," said math instructor Albert Kaiser. He's been donating since before World War II.

The blood donated from the drive is given to hospitals in Los Angeles and Orange counties. The demand is for 1500 bags a day. Each bag is one pint. This chapter of the Red Cross can only supply 900 bags a day. Jones described the job of the Red Cross simply, "Grab 'em and stab 'em, that's our life." People need to be educated on the importance of giving blood and its uses. "Only five percent of the population give," Jones said.

Student Bitu Shasty said she

"was a little scared," but she still donated because of the emergency for blood. Shasty added, "I have plenty of blood. One pint I give can help three people."

One pint of blood can help save four babies or three people according to the Red Cross. The pint is centrifuged into three parts: platelets, plasma, and red blood cells.

Leukemia patients are the biggest group who need platelets from the blood. Platelets are the clotting factor from blood, which is about two tablespoons. Hemophiliacs are also missing this factor. They could bleed to death without it.

Plasma is the water part of blood. Burn care patients need plasma. They need it to expand their blood volume. When skin is burned, it loses a lot of fluid.

After platelets and plasma have been centrifuged, a concentrate filled with red blood cells is left. Red blood cells are mainly used in surgeries.



Alex Szuch/Valley Star

Jaime Ayala (top) and Juan Ayala perform Aztec Dance.



Gov. Pete Wilson is running for re-election this year. He wants to control illegal immigration by putting the National Guard along the U.S. and Mexican border.

Wilson also signed the "Three strikes, You're out" law to remove career criminals from our streets.

Wilson said that he launched welfare reform, saving California's taxpayers \$2.2 billion.

Democratic candidate Kathleen Brown wants to invest in our schools, make colleges affordable, and halt the decline

of our education system. Brown said her economic plan will create one million private sector jobs for the middle-class, that only tough management can rebuild our economy and restore the California promise for the middle-class families.

Dianne Feinstein is the Democratic candidate for U.S. Senator. Feinstein fought for and the Senate passed the strongest crime bill in history, making more than 50 federal crimes death penalty offenses, putting 100,000 more police on our streets. (Candidate information taken from California Ballot Pamphlet)

## Any restriction on free speech is Un-American

By DAVID HELLESKOV  
Valley Star Staff Writer

Since the early days of radio in the 1940's, a person is Constitutionally given the right to express opinions. This includes the radio, and I believe it has been kept in check.

Mark Brower, Valley's KVCM station manager said, "Students are free to say whatever they want, excluding profanity, derogatory comments and sexual harassment."

I hold to the fact stated in the United States Constitution, a citizen has the right to free speech, which would include expressed opinions over the radio. Notice that in a democracy, free speech is

not simply a right, but also a privilege. Not a single restriction is addressed within the Constitution. Consequently, guidelines, rules and limitations placed upon free speech becomes a contradiction in terms. Limiting free speech in any way is un-Constitutional and un-American.

From the demented Dr. Demento to the number one "shock jock", known as Howard Stern, multiple on-air personalities have tested the waters and expanded the airwaves for their right to be heard and inform the public. In my lifetime, censorship has most soundly hit books, the press and even radio. For example, the 1978 Supreme Court case of the Federal Communications Commission (FCC) vs Pacifica Foundation, charged that

the Pacifica Foundation encouraged the use, on the air, of seven dirty words from humorist George Carlin. Presently, special interest groups and the federal government are desperately fighting to censor the public airwaves. College students are the future and must persevere and take action to keep free speech open for all humanity.

I treasure free speech in all areas of my life, including work, education and my personal life. Discard those old fears of thinking critically and taking control of your life.

If free speech was removed completely, then people may as well mindlessly lumber around like robots following the government's orders.

By SYLVIA ARONSON  
Valley Star Staff Writer

Well, well, well, here I am at a typewriter in Valley's Library trying to get my money's worth. Twenty minutes for 25 cents. It has taken me at least five minutes to get this much done.

Well, I can say with no hesitation on my part that I think that this is the worst typewriter I've ever had the misfortune to use. True, my typing isn't that great, I do admit that.

Gee, this 20 minutes is really dragging. Let me out of this typing room, somebody. This typewriter sounds like an old beat-up car at least a hundred years old. Gosh, the typewriter sounds like it is going to fall apart on me any

minute.

Don't believe me? Okay, you come to the typing room at the Library and you'll find out for yourself. When is this torture going to be over? The librarian said I could type for twenty minutes for 25 cents.

My 20 minutes are up now. Release me from this monster! This is going too far for an assignment for the Valley Star. You don't think I am going to put another quarter in this horrible typewriter, do you? Typewriters, old broken down typewriters come and get them; 25 cents for twenty minutes. You'll be sorry.

There are eight typewriters in the Library. Take your pick. I've been there three times. The room has been empty all three times. Is it any wonder?

Oh, oh, someone just came in. I

notice she can't seem to get the typewriter started. When I couldn't get mine to work I asked the librarian to help me.

My quarter kept dropping out. She finally found a typewriter that would take my quarter. I'm out of here.

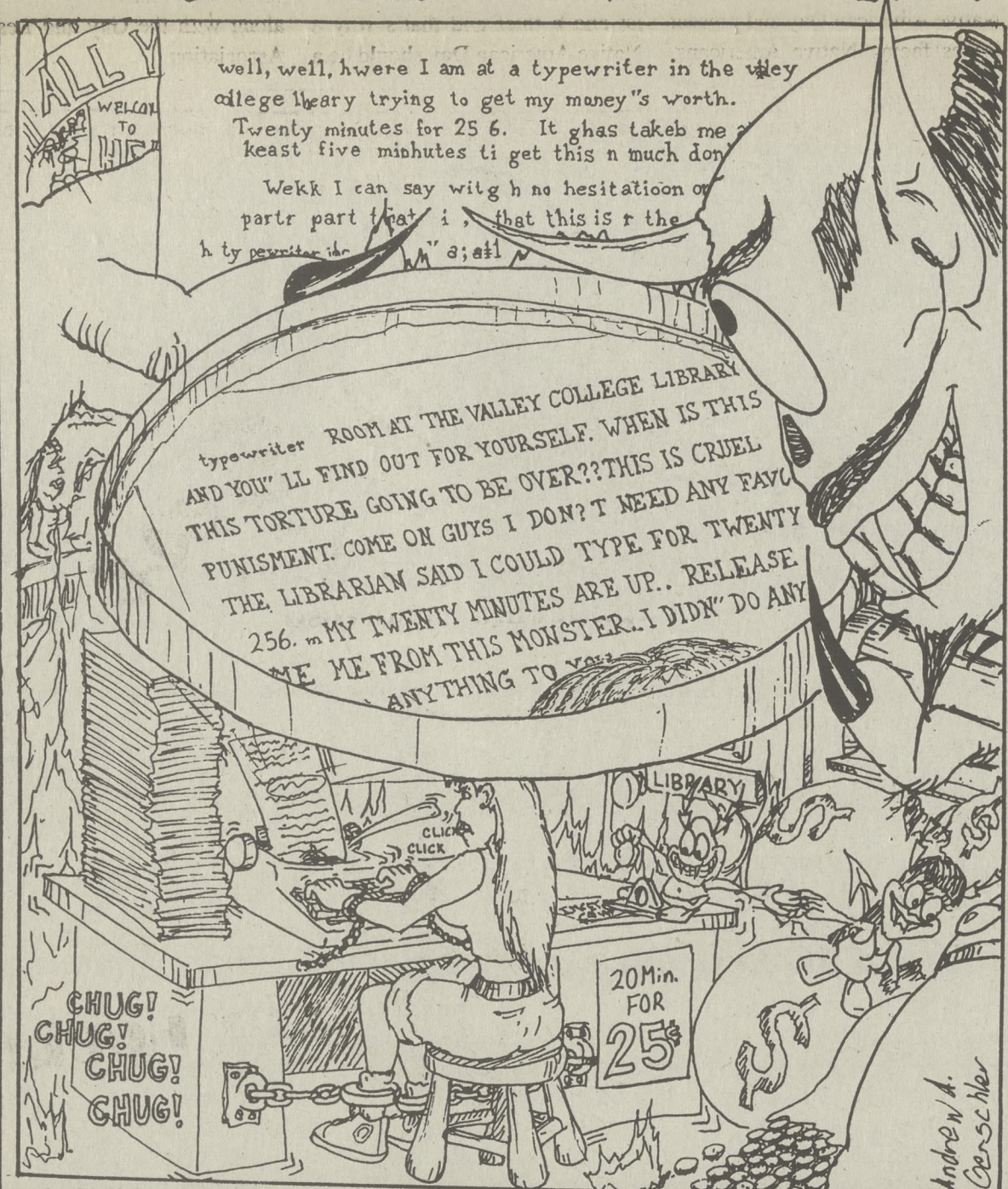
I stopped at the librarian's desk just outside the typing room to comment on the typewriters. Guess who approached her at the same time?

A student from the typing room was waiting to speak to her. "Can I help you?" asked the librarian as I left the library.

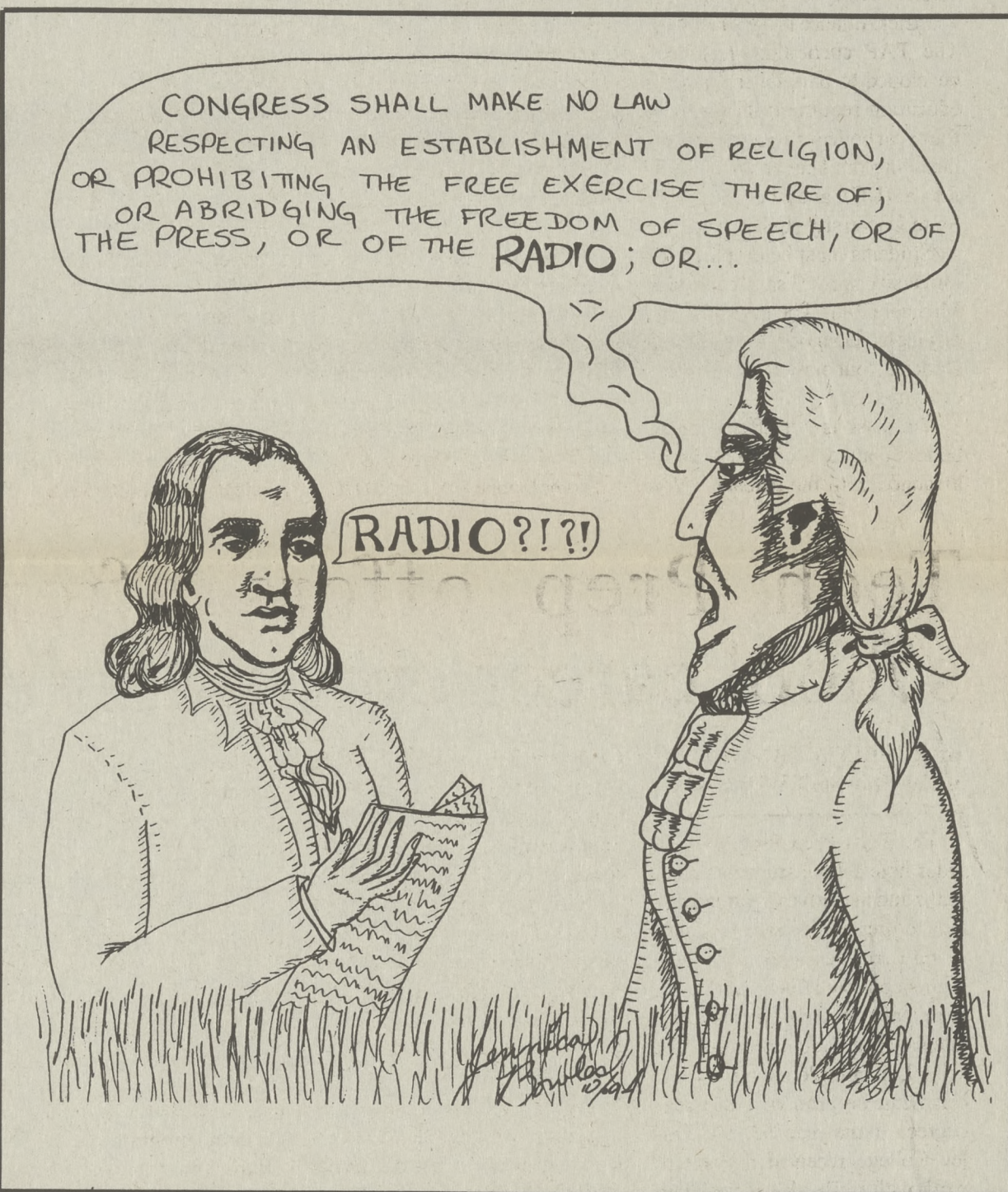
The librarian said the owner of the typewriters comes by about once a week to collect the money from the typewriters. What money? Put in new typewriters and maybe there would be something to collect in the future.

## The typewriters from hell

### THE CIRCLE OF HELL DANTE FORGOT TO MENTION...



...THE ONE RESERVED FOR L.A. VALLEY COLLEGE STUDENTS WHO HAVE TO USE THE TYPEWRITERS IN THE LIBRARY.



## Letters

### To the Editor:

Here at Valley College we should be proud of the fact that we are all very special, students, faculty, administrators, and staff. At Valley, we see democracy at work. The promise is carried out; educational opportunity for all.

As a community college, we are like the Statue of Liberty, welcoming all to make a better life. Anyone can go to a private university — not have the need to work while you are attending class. For that, all that is required is to have

rich parents. Everything is done for you. The path is a golden one. You have only to follow it. Coming to Valley means you are doing it on your own — on your own courage and determination. You also gain the respect of your family.

To help you, we have a great faculty. Many of them have chosen to come here rather than accepting the offers of the privileged universities. A law has been passed requiring all community colleges

to have a fair percentage of minority people in employment by year 2020. Here at Valley, we are not waiting for the beginning of the next century to begin that.

Tyree Wieder is African-American and is also Valley's president. Here at Valley the world is made open for you. Someday you will be proud to tell your grandchildren, "I made it the community college way!"

Bill Fury  
Fitness Center

### Valley Star Staff

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### ★ LETTERS ★ LETTERS ★ LETTERS ★

The Valley Star will receive and, if possible, publish letters from its readers. The Star reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or make ra-

cial, ethnic, religious, sexist, or sexually oriented denigrations. Letter must be signed and include student's ID number. Letters may be dropped at the Valley Star Bungalow 25, by Monday morning for the following Thursday.

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## Board of Trustees vote for emergency plumbing repairs

By SANDRA CARRANZA  
Valley Star Staff Writer

The Board of Trustees unanimously voted to authorize \$30,000, in an emergency resolution to replace faulty water regulators.

On Aug. 11, two water regulators failed, causing utility tunnels to flood.

The incident left one-third of the

campus without water or electricity.

Water regulators control the school's water pressure. The utility tunnels are an underground network, giving access to domestic water, heat and electric transformers running throughout the school.

According to head plumber Jim Taylor, the water regulators broke and flooded two tunnels. The wa-

ter shorted the electric transformers and tripped the breaker switches, which in turn shut off the electricity and water as an automatic safety device.

The electricity was restored that evening, but the water was shut off for two days to replace the regulators. The regulators were replaced and not repaired because spare parts needed are no longer available.

## TAPping students' potential

By HOLLY PITZER CARSON  
Valley Star Staff Writer

For students seriously interested in transferring to a four-year university, Valley College offers the Transfer Alliance Program (TAP). The TAP curriculum has been developed to parallel the general education requirements for most four year colleges and universities including the University of California (UC) and the California State University (USC) systems.

"Students must be prepared for university work," said counselor Michael Gold. The program was originally designed for full-time students, but now it is open for everyone.

If a class is not offered as an honors course, a contract can be arranged with the teacher. "You

get what you put into it. If you take more challenging classes, the better off you'll be."

This program was designed to create a more rigorous educational experience through peer interaction and enhanced course content. In this program honors classes are offered which emphasize the development of critical thinking, analytical and writing skills. Gold said, "Our students are doing as well as students who started at a university."

TAP requirements for a freshmen entering Valley is a 3.0 GPA or better from high school, English 101 eligibility and a recommendation from their high school counselors.

Continuing Valley students are eligible for the TAP program with the completion of at least 20 UC or

CSU units with a 3.0 GPA or better. Student needs eligible for English 101, must have a completed TAP application and approval by Thomas Yacovone, TAP coordinator.

Students must have one full year of participation to benefit from TAP. This program offers students a wide variety of benefits. Members are guaranteed consideration for priority admission to UCLA College of Letters and Sciences, UC Santa Cruz, USC and Pepperdine as a junior.

A TAP counselor is designated to assist students with transfer applications. There is increased student and professor contact, roundtable discussion groups and workshops. Students are eligible for application workshops with college representatives.

## Tech Prep offers after-school career opportunities

By REBECCA CAMARENA  
Valley Star Staff Writer

The Tech Prep Program provides high school students career paths and incentives to attend college to prepare for careers. Community colleges work with local high schools and four year schools to prepare those students who are interested, upon completion of high school, in completing a two-year certificate program or a four-year degree. In the year '93-'94, Valley College received a grant to work with Burbank Unified High Schools, and Cal State Northridge (CSUN).

The Tech Prep Articulation Seminar was held Oct. 15 at CSUN. Among the 40 in attendance was John Burke, project director, and accounting teacher from Valley, guest speaker Lou Guillory, business teacher from L.A. City College and teachers from John Burroughs High School and Burbank High School.

The seminar allowed the teams of Accounting, Office Systems,

Computer Science and Child Development to plan their presentation of these courses to the Tech Prep way of teaching. Each team consisted of teachers from each of the different schools. This new method of teaching, will include participation, where students will learn teamwork, presentation, and public speaking skills versus quiet lecture and discipline.

"Presenting the courses to students with new ideas and new learning habits, we hope that the students will become successful not only in school but in work," Burke said. According to the Tech Prep newsletter the faculty heard once again the importance of reading and writing skills for job applicants. Susan Lundeen, human resources specialist for Amgen said, "Employees need to know the basics but, values such as trustworthiness, honesty, teamwork and flexibility are equally as important."

Guillory stressed the importance of teachers helping the students to develop those critical skills needed

for leadership, group and individual accountability, to further prepare them for life after high school.

He instructed teachers to prepare the classes as to how they are related to the business world.

"We need to teach the basic systems which sometimes are never explained and the students go into the world unprepared," said Guillory. He praised the group for everyone's enthusiasm and interest in the program.

Earlier this year the teams evaluated employment opportunities and training requirements for each career path during visits to different businesses.

The Tech Prep faculty have worked with corporate partners in developing internships and mentorships for students.

The first site visits were to Children's Hospital and KPMG Peat Marwick, accounting firm. The second visit was to Home Savings of America. The third visit was hosted by Amgen, a biotechnology firm.

### Crime Report

The following incidents occurred between Oct. 3 and Oct. 5.

#### Burglary From Motor Vehicle (Felony)

Stereo from 1985 Honda Lot D  
Sidepanel from 1987 Nissan Lot C

#### Theft From Motor Vehicle (Misdemeanor)

Hubcaps stolen from 1994 Mitsubishi Lot G  
Baseball equipment stolen from 1987 Jeep Ethel Street

#### Stolen Vehicles

1985 Honda Lot A  
1988 Honda Lot D  
1992 Nissan Lot B

### Celebration

Continued from Page 1

tee dances. The dance set included a dance for the elders, an offering dance, a shield dance and a white eagle dance.

For the opening ceremony, the dancers asked for the permission of the land to make use of the ground for dancing, which was done with incense. Mauhi Ollin consists of eight dancers who jumped, turned, kicked and spun to the rhythm of traditional Aztec drums and flutes. Spectators encouraged the dancers on. Ollin dancer Maria Valdivia said, "We go out and show what are culture was like by performing these dances."

After the dancing, guest speakers took the podium expressing their feelings on Columbus Day, Native American Day and present issues facing Native Americans,

Latinos and Chicanos. Guest speakers included Valley psychology major Orlando Amaya, Valley political science teacher Chuck Narcho, Valley Chicano studies teacher Gilbert Bautista and Valley political science and history teacher Chuck Jorgensen.

The speeches varied in context from Narcho's talk on spiritualism over the materialism mentality of Native Americans to Bautista's talk on Native American genocide. Jorgensen spoke of running guns to Indians to help in their struggles against government agencies.

Said Amaya, "A Native American Day is a mourning day in the sense that Spanish conquerors murdered and stole from our people."

An open-mike session took place during which crowd participants spoke their mind on Columbus Day. Valley student Chris James said, "Columbus was a murderer, a rapist and a thief and that's why a Native American Day should be a

mourning day."

Open-mike speaker Melissa Minns said, "Columbus raped women, and we celebrate him with Columbus Day? Anyone who wants to celebrate someone who raped women is sick."

The day's festivities were brought to an end by the father-son combination of Rudy Ortega Sr. and Jr. Ortega Jr. did traditional Native American dances while his father set the tempo with drumming. The first dance was called a straight dance which was done by Southwest Indians, followed by a regular inter-tribal dance.

The final dance was a friendship dance in which the Ortegas invited the crowd to participate. All the participants joined hands and formed a circle as Ortega Jr. showed them the steps to the dance.

ASU clubs Mecha and Latinos for Higher Education were on hand for the days festivities with booths, along with the Gay and Lesbian Association.

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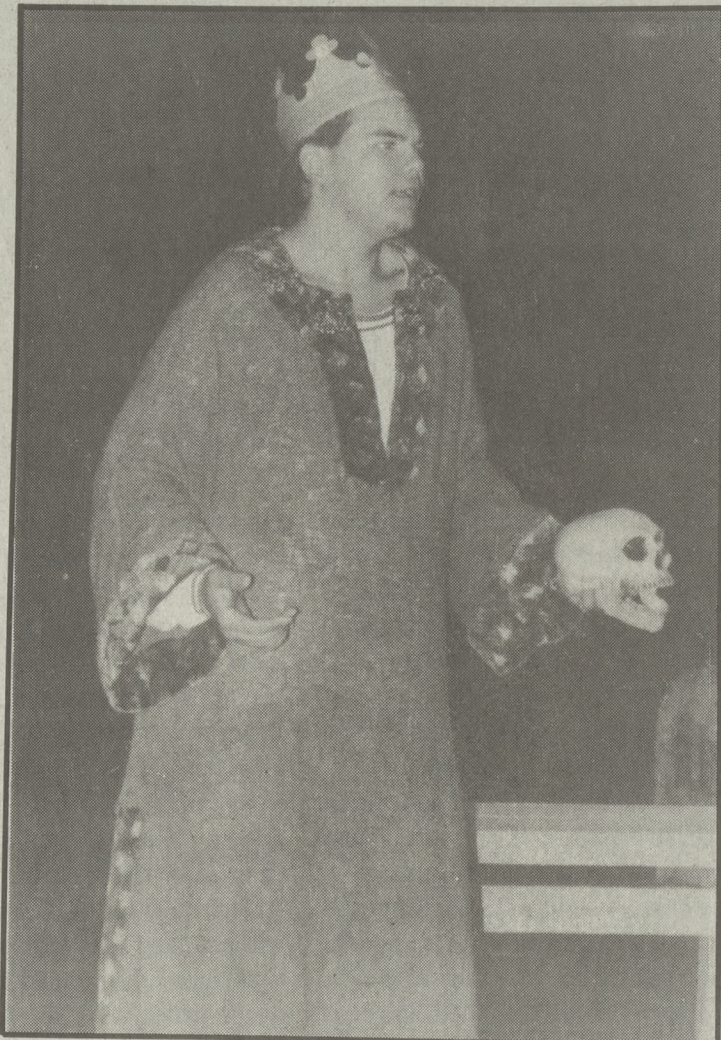
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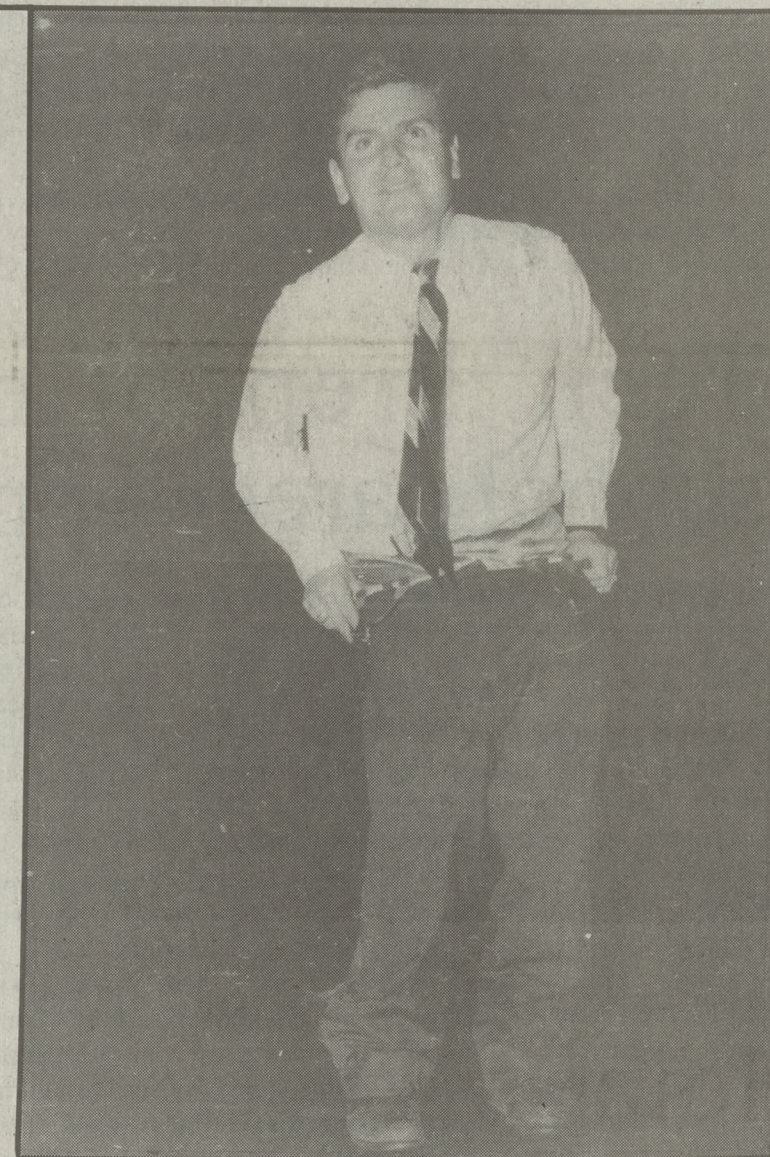
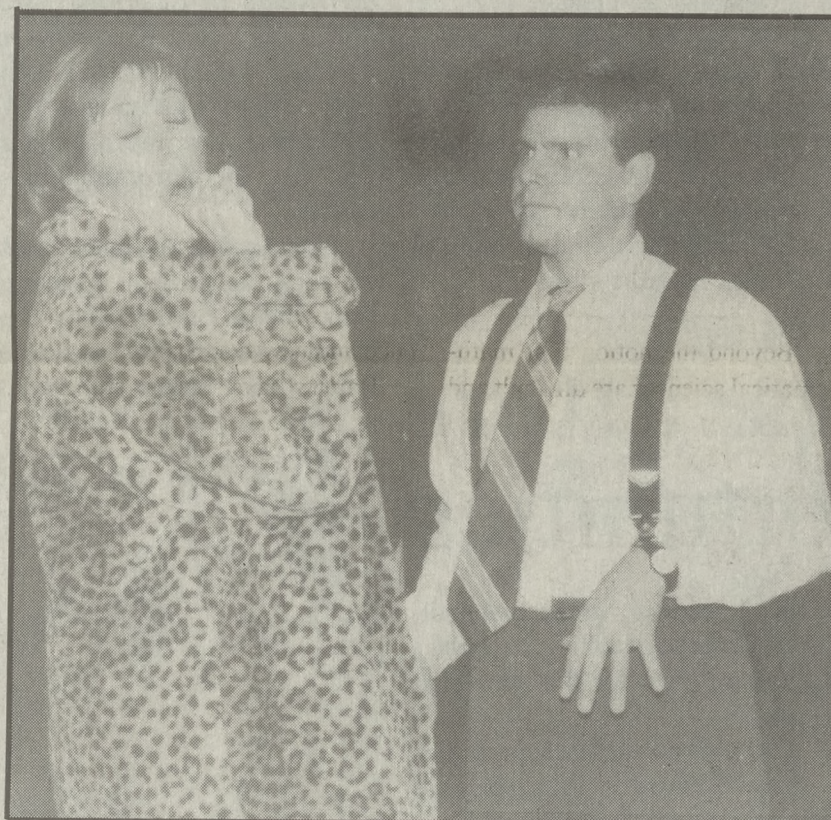
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# Theatre Arts Presents Fifteen Minute Hamlet



## Actor's Nightmare



Photos By

Mike Latman  
Rod Goodman

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& 80% Have Their Own Car

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Media Arts - Bungalow 24

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## Professor compiles life's work of Yiddish author

By HEATHER GESUALDO  
Valley Star Staff Writer

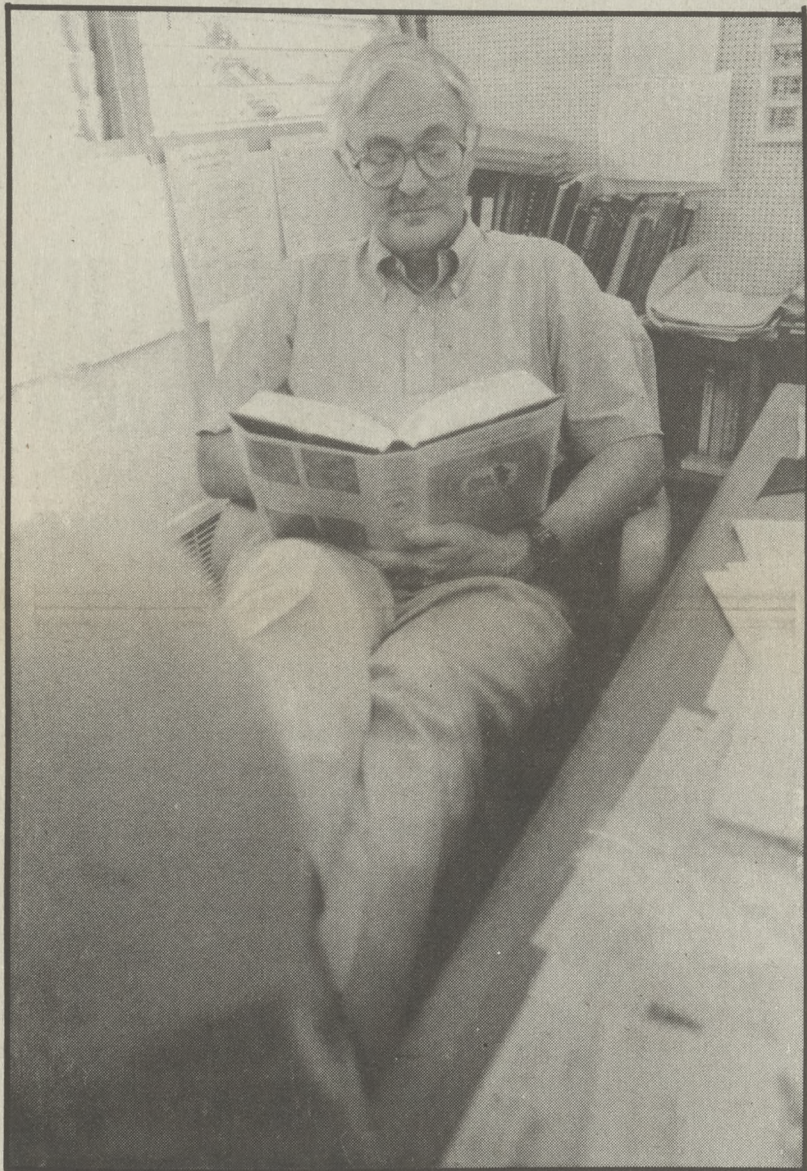
He died in the Bronx, New York. "His funeral was the second largest in New York's history. Over 100,000 people attended," Marvin Zuckerman said. Zuckerman, chairman of the English Department, recently published an anthology of the works of Sholem Aleichem. "He was one of the three great classic writers of modern Yiddish literature," Zuckerman said.

Aleichem was born in 1859 in the Ukraine and is most well known for his novel, "Tevye the Dairyman," from which the famous play "Fiddler on the Roof" was derived. "Aleichem writes fiction, but he describes the life of the Jewish people before World War I," Zuckerman said.

The book is a compilation of novels written by Aleichem. It also features letters from famous Hebrew poets to him, a popular song and his last will and testament, which was read into the Congressional Record in 1916.

Zuckerman put the works together. He wrote a general introduction, 20 introductions for the sections and a biographical sketch of Aleichem. "Aleichem is considered a 'laughter through tears' humorist; there are sad things, but nevertheless, a person laughs," Zuckerman said.

Zuckerman, who has been working at Valley College for 20 years, was born in the Bronx. Zuckerman grew up speaking Yiddish, learning English as a second language. "I was sent to a non-religious folk school where I learned to read and write about Yiddish culture."



Rod Goodman/Valley Star

Professor Zuckerman kicks back with his published book.



Yani Searles/Valley Star

Astronomy Club views the stars and possible UFO's from the roof of Valley's planetarium, Saturday night during a Star Party

## Spaced out with Astronomy

Professor Barlow brings comedy into the classroom.

UFO sighting at Valley Star Party

By DIONNA RUSSELL  
Valley Star Staff Writer

Beyond the notion that mathematical sciences are difficult and boring is Bob Barlow's ability to conceptualize his astronomy course and bring comedy to the classroom.

"Barlow? Astronomy? It's all good," says Jazz Smith, an astronomy student. "He's the bomb," says Jason Zivzikh, another student.

"If more teachers were like him, education would be great." Student Michele Verdin says, "He's a funny guy. He makes astronomy easy for me."

Barlow has been at Valley since 1967 and prides himself for not suffering from "burn out." "I have

the same enthusiasm at the beginning of a semester as the end. There is always a different audience and new responses."

Barlow says, "Most students enroll in astronomy because a science class is a required course. About 15 percent do have a passion for studying the universe."

About astronomy Barlow says, "It is a respect for nature, the imagination of man and who can come up with the best theories. We search for the answers to the mysteries of the universe and even if nothing is discovered, at least the fun was in the search."

Originally Barlow filled an opening at Valley when another instructor left. His new position led to 27 years at Valley and faculty advisor for the Astronomy Club.

By DIONNA RUSSELL  
Valley Star Staff Writer

"UFO? Who knows?" says Astronomy Club President, Bruce Dale. "Sometimes you can catch sight of a falling star or meteor, but they always move towards the horizon. This flew into space."

At the desert star party in El Mirage on Oct. 8, Dale and other club members saw something rise from the area of the George Air Force Base. With no sound and a single light, it flew at an angle into the sky. The base has been closed for awhile.

The club meets once a month, but it is the shows and star parties they give that will fascinate those who have never been to one. Astronomy comes to life with the aid of the club, its members and founder, Astronomy Professor,

David Falk.

A star party is an evening of viewing celestial bodies, usually in wide-open spaces like Angeles Crest Forest, Lake Figueroa and Mount Pinos. Members are frequently encouraged to bring food from pot-luck to barbeque, turning the event into a social outing.

Club Secretary Bonnie Kent describes her astronomy interests, "It's like tapping into an infinite feeling of the universe around us." Dale says, "The interest is habit-forming."

Time Travel? "In deep space, starlike objects up to five billion light years away have begun to tell the story of the creation of this universe," says Dale. "In other words, if someone lived in the Andromeda Galaxy and had powerful enough equipment to see Earth, they would see dinosaurs."

## Homework: Health hazard?

By CHARLOTTE BOBLOW  
Valley Star Staff Writer

Oscar Gonzalez, a Valley College computer science major, examines programs daily. Gonzalez tutors students on a Macintosh computer. He sits in front of a computer screen most of the day. Gonzalez also attends PC groups after school. Gonzalez does the rest of his homework on the PC at home.

Gonzalez peers at the overhead lighting. "Those overhead classroom lights are not the best for the eyes. I have a lamp at home that reflects on my work better." The screen protector for his monitor lessens eye strain.

Pausing, he offers some healthy advice to anyone. "If you have glasses, and sit in front of a computer, wear them."

How can the computer be hazardous to your health? Pam Black asks such a question in her article "PC Radiation: How to Cut Your Risk." In "Business Week," she writes of the problems and suggests precautions.

Just what are computer ELF's (extremely low-frequency fields)? Are they harmful? While scientists have yet provided any clear-cut answers, findings have been

linked to brain tumors, cancer and miscarriages. Here are some facts to consider.

Black suggests buying a new monitor as older models have higher ELF's. Also, there are inexpensive products on the market which can be purchased to reduce emissions coming from the PC. Galen Gruman editor of "MacWorld" has easier advice. "Sit an arm's length from the front of your screen."

Deborah Branscum shares "Tips for Healthier Computing" in "MacWorld" February 1993. "There's no need to panic over sitting in front of a monitor. Sit back from your computer and take plenty of breaks."

Valley computer lab students are observed sitting too close to the PC.

Most of them don't take breaks from intense viewing nor does the instructor tell them to so. The only illumination is overhead lighting. Many of the chairs do not give proper back support.

Watch out for Cumulative Trauma Disorders (CTDs). Those repetitive motions connected with typing or computer mouse usage do hurt the hands, wrists, arms, shoulders and neck.

Dr. Bruce Bernard, medical of-

ficer of National Institute of Occupational Safety and Health (NIOSH) made a two-year survey of "Los Angeles Times" employees. Bernard found that 40 percent of them using the computer, reported pain.

He said, "There have been some studies that show people who don't take breaks and only get up when they start to feel bad have waited too long. By the time they start to feel bad it's too late." One should consider taking a 15-minute break each typing hour.

Dr. David Rempel, assistant professor of medicine at the University of California, San Francisco is explicit. "Get up from the computer on a regular basis and do something else. If you need to, put a timer on your computer to do that."

A Japanese national commission sets mandatory rest periods for all computer users. This results in fewer injuries. Realize such a health aid, if Valley College students would insist on taking rest periods.

Kaiser Permanente's optometrist, Dr. James Foster says one needs to change focus often. "Look up or at a distance." Have thorough eye/vision examinations annually.

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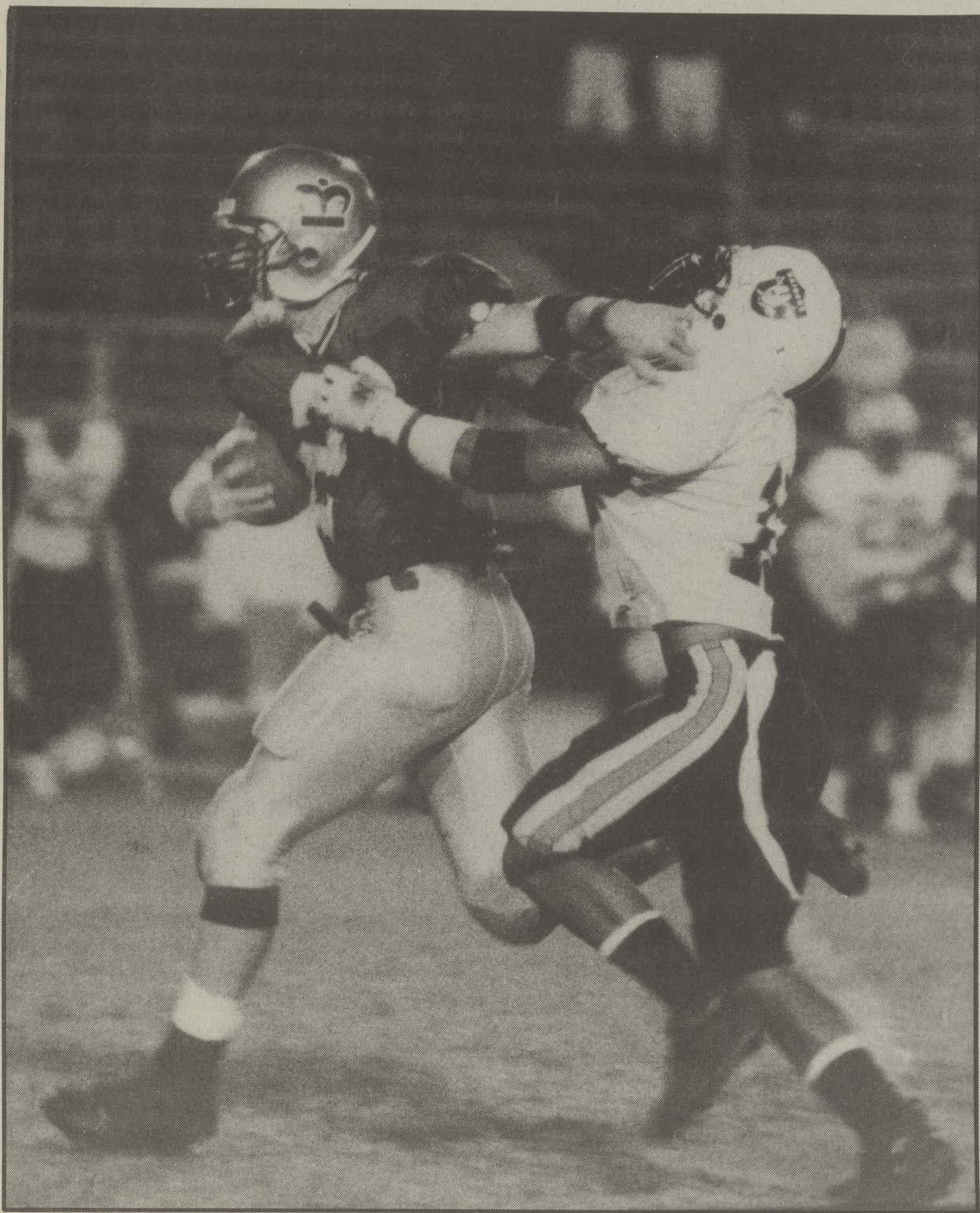
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Alex Szuch/Valley Star

Valley's Jason Leonard (#2) avoids a tackle from a Raider defender for a touch down.

## 12th in the Nation

# Valley roasts another opponent in 28-14 homecoming victory

By AARON DORN  
Valley Star Staff Writer

The Monarchs (6-0) protected their perfect record with a 28 - 14 victory over the Moorpark Raiders Oct. 15 at Monarch Stadium.

The Raiders, who were coming into the game with the state's top ranked defense, scored on the opening drive of the game with a 62 yard 13 play drive, and jumped out to a six point lead when halfback Gary Clemons crossed the goal line from a yard out. Valley defensive end Hillsdale Hufanga said, "We didn't let down after their first score because we knew our offense would come back and score for us."

On the Monarch's first three offensive possessions, the Raider defense forced three punts and allowed only one Valley first down. Monarch head coach Jim Fenwick said, "We kept trying things offensively until we found something we were comfortable with."

On their next offensive possession, Valley moved 80 yards in 11 plays and scored on an impressive 24 yard touchdown pass with six minutes remaining in the half. After being flushed out of the pocket, Valley quarterback Jim Arrellanes rolled left, avoided tacklers and threw off balance to receiver David Eastham to tie the score up at seven. Arrellanes finished the night with 29 completions in 51 attempts for 379 yards and three touchdowns.

With the ball on the 14 yard line, nine seconds remaining in the half and the score tied at seven, Valley called a timeout. After the timeout, Arrellanes hit receiver Brian Comer in the right corner of the endzone with three seconds remaining in the half, for a 14-7 lead.

Comer, who took a vicious hit on that catch and still held on, finished the night with 12 receptions for 225 yards and two touchdowns. Comer also scored on a 82 yard halfback option pass from Davis

Delmatoff midway through the fourth quarter to seal the victory for the Monarchs. Comer's second score of the night moved him to the number three spot on Valley's all time scoring list with 112 points.

Valley opened up second half scoring with a six play 88 yard drive, which was capped off with a 26 yard touchdown reception by Jason Leonard.

Leonard, who finished the night with three receptions for 101 yards and one touchdown said, "We wanted to come out and attack the ball, but we just came out a little tight. But it felt good down on the field tonight."

Moorpark pulled within seven points when Clemons ran into the endzone from two yards out to cap off an 83 yard drive with 8:13 remaining in the game. On the very next play from scrimmage, Valley put the game in the bag with Comer's 82 yard touchdown reception.

## Girl's Softball: Sticking together on and off the field

By LEESA GUADAGNO  
Sports Editor

After months of practice, the girls' softball team will have their chance to show their competitors what hard competition is all about.

Feb. 8 the softball team will play a scrimmage game against Rio Hondo. "Being a first year team, I think we will give other teams good competition," said third base Rachel Velis.

With currently eight girls on the team, there is nothing but dedication. "If we stick together as a team we can make it," said shortstop Stephanie Wood.

"I think we are really coming together on and off the field. We are all becoming good friends and the majority of the team sticks together," said pitcher Jennifer Moulden. The team has played

three scrimmage games so far. "We may have lost, but if we go by the score, then that is not telling us much because we really learned a lot about each other," said second base Tiffany Lagnus.

Moulden has been playing softball for about 12 years. Wood has been playing for nine and Lagnus has been playing for as long as she can remember. "I started playing as a kid. I was a real tomboy and it was something I was good at," said Lagnus.

Teamwork, dedication and hard work are important for the team. "We all try to keep each others' heads up," said first base Angie Montes. "I expect hard work and working together is important. Not necessarily to win but to work hard," said Velis.

Moulden came from two different colleges before attending Val-

ley. She had attended the University of Illinois in Chicago with a full scholarship and later went to Glendale College only to transfer to Valley and be the "most valuable player" on the team.

Moulden's pitching had been clocked from 60-63 mph. "I have known Jennifer for a long time and every time I play against her she gets better and better," said Wood. "Jennifer tries to get everybody up and about. She cheers everyone on. If you would do something wrong she still has faith in you," said Montes.

Positions are still open. Anyone interested in playing is welcome to come and try out. "It is a great sport. You really make a lot of good friends here and it is fun," said Moulden. "For a first year team, we are one of a kind," said Velis.

## Coach believes in killer instincts and a positive attitude

By SHARON ASHFORD  
Valley Star Staff Writer

Hard work, discipline and a positive attitude is how Los Angeles Valley College's assistant basketball coach Kenny Williams describes his philosophy for helping student athletes achieve their goals. "Strategy, discipline and a positive attitude are my strongest beliefs," said Williams. "You have to develop a killer instinct for the game, and also show respect for the competition. Later on down the line in life they may be your ally," said Williams.

Williams attributes his continued success to head coach Doug

Michelson. "We have a great team of coaches, especially Michelson. He opened the doors and gave me the opportunity to coach at the college level," said Williams.

As a recruiter, Williams assists the student athletes with finding jobs and locating housing. It is during this transition that Williams opened up his home to three of the student athletes. "Sometimes I see my role as a surrogate father," said Williams. "I help my students get settled in the classroom and in their home life. If they need encouragement, I treat them as if they are mine," said Williams.

Williams' responsibilities include on the floor coaching, physi-

cal conditioning, fund raising and recruiting. Williams is personally responsible for recruiting seven athletes to the men's basketball team, six are from out of state.

A native of Detroit, 37 year old Williams began his professional career at Inglewood and North Hollywood High Schools where he served as an assistant coach for a combined total of nine years.

It was in the "rough neighborhoods of Detroit where I learned how to be competitive," said Williams. "I grew up in a home with four brothers and all of us are very competitive in other sports as well, that is where I learned my killer instincts."

### Men's Basketball Schedule

Date	Opponent	Location
Nov. 11-12	Tip off Tournament	Mt. San Antonio
Nov. 15	East LA	Valley
Nov. 18	Victorville	Victorville
Nov. 19	Cuesta	Valley
Nov. 26	Oxnard	Oxnard
Dec. 1-3	Las Vegas Invitational	Las Vegas
Dec. 8-10	Santa Barbara Classic	Santa Barbara
Dec. 15-17	Crown City Holiday Classic	Pasadena
Dec. 28-30	Desert Holiday	Palm Springs

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